

## ABSTRACT OF THE DISCLOSURE

[0032] Methods for promoting healthy body weight, increasing energy level and improving a variety of related physiological factors include administering to those persons or other mammals effective amounts of a composition incorporating EGCG and caffeine derived from green tea, preferably in equal or nearly equal amounts. The EGCG and caffeine in these amounts work synergistically to further promote healthy body weight, increase energy level and improve these physiological factors.